

Blue Corn Pan Bread

Makes: 12 servings

Ingredients

3 cups water
2 cups blue cornmeal (yellow may be used)
1 cup cornmeal (yellow)
3/4 cup raisins
1/2 cup sprouted wheat
1/3 cup brown sugar

Directions

1. Preheat oven to 300 degrees. Line 8x8 inch cake pan with foil.
2. Bring water to boil in a large pot. Add each ingredient, one at a time.
3. Stir well until mixture is smooth and pour into foil-lined cake pan. Cover with a piece of foil.
4. Bake for 2 hours. Bread is done when toothpick inserted in center comes out clean.

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Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	180	
Total Fat	1 g	2%
Protein	3 g	
Carbohydrates	39 g	13%
Dietary Fiber	3 g	12%
Saturated Fat	0 g	0%
Sodium	5 mg	0%